From: LearnOutLoud.com <emagazine@learnoutloud.com>
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CC:
Date: Wed, 9/24/2014 3:17:22 PM
Subject: The Rise and Future of the Food Movement Course Taught by Michael Pollan

LearnOutLoud.com

Free Resource - September 24th, 2014

Free Resource of the Day

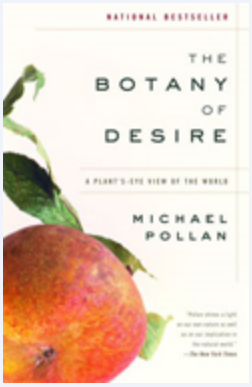
The Rise and Future of the Food Movement

Journalist and bestselling author Michael Pollan leads this UC-Berkeley course on "The Rise and Future of the Food Movement" along with his co-teacher Raj Patel. The course includes many guest lectures from food experts all over the world. The first half of the course covers the problems with the American food system, and the second half of the course focuses on some potential solutions to these many problems.

If nothing else, watch the first lecture in which Michael Pollan gives a brief history of the industrialization of food production in America after World War II. It's an excellent introduction to how we have arrived at the current crisis with the food industry's dependence on corn and fossil fuels, and its contribution to the obesity epidemic, pollution and carbon emission, and many other costly problems. The lecture starts about 30 minutes into the first class, and Pollan fields a number of questions after his lecture, such as what, if anything, can be done about the current state of the food industry in America. A few of the lectures are unfortunately marred by poor audio, but overall it sounds like a good course.

The Rise and Future of the Food Movement

Deal of the Day



The Botany of Desire

Every schoolchild learns about the mutually beneficial dance of honeybees and flowers: The bee collects nectar and pollen to make honey and, in the process, spreads the flowers' genes far and wide. In The Botany of Desire, Michael Pollan ingeniously demonstrates how people and domesticated plants have formed a similarly reciprocal relationship. He masterfully links four fundamental human desires—sweetness, beauty, intoxication and control—with the plants that satisfy them: the apple, the tulop, marijuana, and the potato. In telling the stories of four familiar species, Pollan illustrates how the plants have evolved to satisfy humankind's most basic yearnings. And just as we've benefited from these plants, the plants have also benefited at least as much from their association with us. So who is really domesticating whom?

Listen to a free sample of: The Botany of Desire

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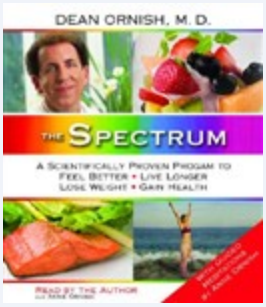
Diet & Nutrition Audio



Diet & Nutrition Audio

Diets, diets, everywhere diets! There are so many options, how do you choose? When it comes to weight loss and healthy eating, the best thing you can do for yourself is to choose a diet that's safe and healthy and one that also promotes healthy lifestyle changes. In LearnOutLoud.com's 'Diet & Nutrition' section, listeners who want to learn how to lose weight or get healthy can browse through a variety of diet and weight loss audio books to find the perfect combination to fit his or her goals and lifestyle.

Change your diet, change your life — the most successful diets are diets that don't really "spell out" a "diet" at all. Make sense? It's all about lifestyle changes and not necessarily about the exact amount of food you eat, the combination of foods you eat, or how long you stick to a specific "meal plan". Check out a wide variety of audio titles by alternative health advocates and practitioners like Andrew Weil, M.D.. Dr. Weil's arsenal of audio books includes catchy titles like: "Eating Wisdom", "The Beginner's Guide to Healthy Eating" and "Taking Care of Yourself", to name a few. Dr. Weil's education, experience, and wisdom are inspirational, but he's not the only doctor in the house! Listen to Dr. Phil McGraw as he talks about the 7 keys to weight loss freedom and how they will open the doors to a healthier life for listeners, in "The Ultimate Weight Loss Solution". And if you're looking for other diet audio books that offer valuable weight loss tips *and* meal plans, including easy-to-follow recipes from popular Miami Beach restaurants, try Dr. Arthur Agatston's best-selling title, "The South Beach Diet".

Whether you want to get inspired to change your life style, find new ways to eat good food that's healthy, or just want to shave off the extra pounds, you will find an audio title here to help you reach your goals—however big or small.

Diet & Nutrition Audio

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